

Why evaluate adrenal function?

Adrenal glands produce hormones that help regulate the immune system, metabolism, and other essential bodily functions.

Robust adrenal function is necessary for maintaining energy levels, circadian rhythms and a healthy stress response. Chronic stress can cause the adrenal glands to become fatigued and run down, which can cause symptoms like anxiety, insomnia, and irritability.

This can lead to chronic fatigue, inability to cope with the stressors in life, and even chronic pain. Adrenal fatigue can drag down hormone levels and damage your immune system.

Testing your adrenal function is the first step in figuring out why you are feeling out of balance, and what solutions will work best with your body to correct it. By monitoring adrenal function, you can determine the impact that stress is having on the body.

What does the test tell me?

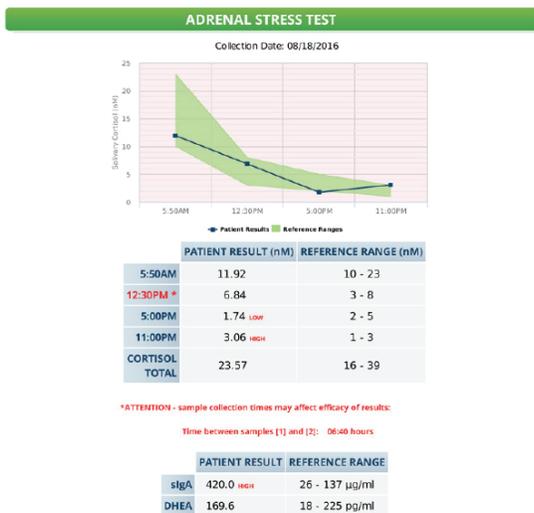
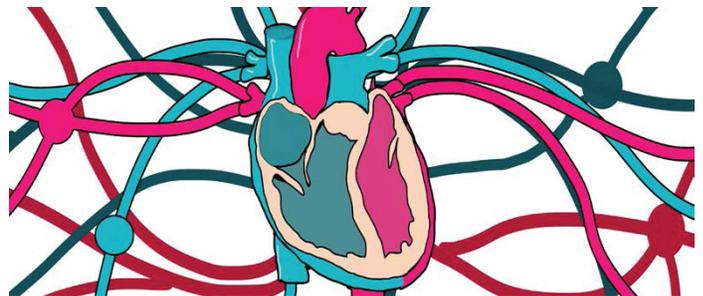
The Adrenal Stress Test will show if your body is struggling to make stress hormones and if you are in stress overdrive, known as "fight or flight". This is a non-invasive saliva test measures cortisol, sIgA, anti-gliadin AB, and DHEA. Four samples are collected from each patient in a 24-hour time frame.

Cortisol is the body's main stress hormone, and helps regulate blood pressure, metabolism of fats and carbohydrates, anti-inflammatory response, blood sugar level, and immune response.

sIgA (secretory immunoglobulin A) antibodies are critical for the proper function of your immune system and gastrointestinal tract, making up 80-90% of the immune system. This is the body's first line of defense against invading pathogens and toxins. Levels of sIgA can provide insight into how stress is affecting your immune system.

Anti-gliadin antibody will help show if your body is reacting to gluten, a protein found in wheat, which can create additional stress on the body.

DHEA (dehydroepiandrosterone) is the most abundant circulating steroid in the body, and is best known as a metabolic intermediate for the production of androgens and estrogens. DHEA production is measured alongside cortisol production. Unfavorable ratios of DHEA to cortisol have been linked to depression, anxiety, and other psycho-emotional disorders.



Adrenal Stress May Cause

- Abdominal weight gain
- Anxiety
- Depression
- Exercise intolerance
- Fatigue
- Increased infection susceptibility
- Insomnia
- Low blood pressure
- Pain
- Poor coping skills
- Shakiness & irritability between meals

What will my doctor recommend if my results are abnormal?

If your results are abnormal, your doctor may prescribe nutritional and adrenal support, lifestyle modifications, hormone supplementation, or adaptogenic herbs. By finding out the root cause of problematic symptoms, your doctor can make effective treatment protocols to support your immune system.

Reports

Normal

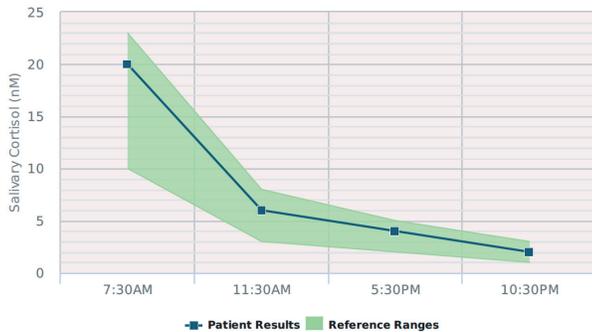


Figure 1: Normal Adrenal Function. There should be a peak of cortisol in the a.m. and slowly decrease throughout the day. This pattern means that stress response is optimal. How we handle stress is critical to energy, reduction of heart disease and cancer prevention. It is also this normal pattern that helps us to set our circadian rhythm so that we feel like waking in the morning, and slowly decrease throughout the day so that we stay alert but are ready to sleep by night.

Moderate Adrenal Fatigue

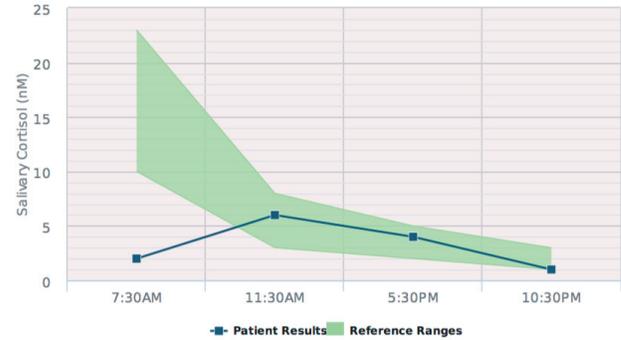


Figure 2: Moderate Adrenal Fatigue. One of the most important pieces of adrenal function is to peak in the a.m. If this ability declines, shifts in well-being begin. A low a.m. peak or low cortisol at any point in the day is moderate adrenal fatigue.

Severe Adrenal Fatigue

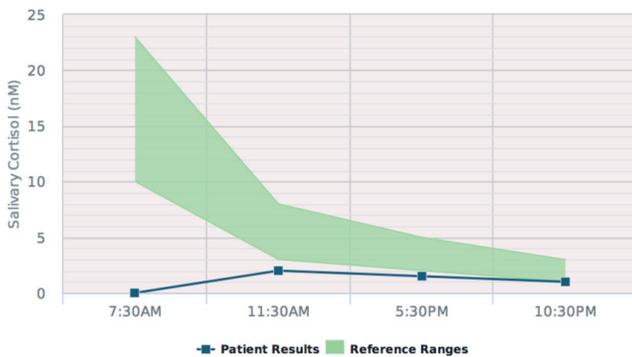


Figure 3: Severe Adrenal Fatigue. In this state, one is bottomed out, has no energy and has the greatest levels of symptoms. Adrenal exhaustion means we have poor stress response and are more at risk for many conditions.

Insomniac Adrenal Fatigue

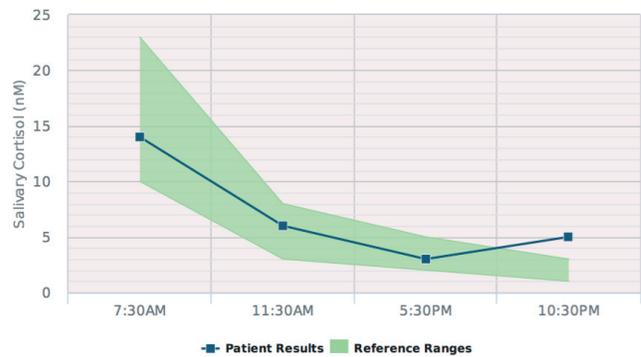


Figure 4: Insomniac Adrenal Function. Cortisol increasing when it should be coming down. This will result in insomnia or poor sleep quality.

